

## Cultivating Kindness in Families 4: GIVE KINDLY

Let's take a bold new step on our kindness path!

### **Outcomes:**

- Enhanced *generosity and altruism* for an increased willingness to share what we have with siblings and friends.
- Increased *expression of gratitude* more frequently, as well as recognition and appreciation of the help and kindness of others.
- Improved Communication: Become more aware of how we express ourselves and our concerns in a kind and considerate manner.

### **Keep in mind**

Keep in mind that giving and sharing can be challenging for young children at a very early age because they naturally see the world primarily from their perspective. However, encouraging generosity and kindness is vital for their next developmental stage. Teaching children to give and share helps them build essential social skills, fosters empathy, and creates a sense of community.

## **FAMILY TEAMTALK 4**

### **Light the Kind Candle**

One of the kids can light a candle to mark the beginning of a special celebration of kindness. Mention that we celebrate the kindness already present in each of us and our families. Just as a candle brings light and warmth, so does kindness.

### **Check-in**

Each one gets an opportunity to say how they are doing. Age-dependent, asking about news, highlights, and challenges.

\* Share one of the best gifts you have ever received!

### **The YES - NO Word Game**

#### **Objective:**

To help families understand and experience the emotions associated with the words we use while having fun.

## **Instructions:**

### **1. Introduction:**

- One person will say the word "NO" out loud five times and then say the word "YES" out loud five times. Pay attention to how it feels to say and hear these words. Use your fingers to count.

### **2. Saying "NO":**

- Choose someone to be the No-and-Yes person
- The chosen person says "NO" very loudly five times, counting on their fingers.
- Everyone else listens carefully. Pause for a moment.

#### **Discussion:**

- Try to feel the impact of the experience on the body and mind.
- Ask everyone:
  - How did it feel to hear "NO"?
- Ask the one who said "NO":
  - How did it feel to say "NO" loudly?

### **3. Saying "YES":**

- Now, ask another person to say "YES" out loud five times, counting on their fingers.
- Everyone else listens carefully. Pause for a moment.

#### **Discussion:**

- After the first person finishes, pause for a moment. Try to feel the impact of the experience on the body and mind.
- Ask everyone:
  - How did it feel to hear "YES"?
  - How did it feel to say "YES"?

## **Final Discussion:**

- ★ Which word felt better to hear? (No need to argue if someone said "no." Listen with an open, kind heart)
- ★ Why do you think "NO" and "YES" feel different?

Our words are powerful. Just one word, "Yes" or "No," can make us feel good or bad. Our family wants to be careful how we use words. Sometimes, "No" is necessary to protect what is valuable. (healthy boundaries). Even if we say "No" motivated by kindness, it can be good for us to use or hear.

## The Story of the Magical Garden

Once upon a time, in a beautiful village, there was a Magical Garden. This garden was filled with the most colorful flowers, delicious fruits, and friendly animals. But the garden's magic wasn't just in how it looked but in how it made everyone feel.

In the middle of the Magical Garden stood the **Giving Tree**. Every day, the Giving Tree would share its apples with the children who visited. The tree was happy to see the children smile and laugh as they enjoyed the juicy apples. One day, a little girl named Lily asked the tree, "Why do you give away your apples?" The Giving Tree smiled and said, "When I give my apples, I share my happiness. And when others are happy, my heart grows warm and full."

Above the garden shone the **Complimenting Sun**. Every morning, the sun would greet the flowers, saying, "Good morning, beautiful flowers! You are blooming so brightly today!" The flowers would stand tall and proud, opening their petals wide to soak up the sun's rays. One day, a little boy named Ben asked, "Why do you tell the flowers they are beautiful?" The sun beamed and said, "When I give compliments, I spread kindness. And when the flowers feel special, they grow even more beautifully."

In the corner of the garden lived the **Generous Squirrel**. This squirrel had a big stash of nuts. Whenever it saw another animal that was hungry, it would share its nuts. One day, a curious rabbit named Ruby asked, "Why do you share your nuts?" The Generous Squirrel chattered happily and said, "When I share what I have, I make friends and everyone feels cared for. And when everyone is happy, the garden is the best place to be."

One day, Lily and Ben decided to try being like the Giving Tree, the Complimenting Sun, and the Generous Squirrel. Lily gave her Mom a pretty flower she picked from the garden. Ben told his sister, "You did a great job building that sandcastle!" They both shared their snacks with a new friend they met in the garden.

To their delight, they saw their friends' eyes light up with joy, just like the apples on the Giving Tree, the flowers under the Complimenting Sun, and the animals helped by the Generous Squirrel.

Lily and Ben realized that giving, sharing, and saying nice things made the garden an even happier place, and it made their hearts feel warm and full, too.

## Practicing the Complimenting Sun

Now let's be like the Complimenting Sun! We'll start by complimenting each other and sharing our gratitude.

Let's begin with the youngest person. Everyone will give compliments to the person whose turn it is. Then, we'll move on to the next person. Everyone shares what they like and appreciate about the next person.

Pay attention to how it feels when you give a compliment and also how it feels when you receive one.

### Discussion:

- *How did you feel when you received compliments?*
- *How did it feel to give compliments?*

Consider making this a habit to complement each other more often.

## The Spirit of Kindness

**Proverbs 11:25 (NIV):** "A generous person will prosper; whoever refreshes others will be refreshed."

"The more we share, the more we have." – Unknown

"Giving is the best gift." – Unknown

## "Family Rules of Respect" (Optional)

Discuss how we can respect each other with healthy boundaries, polite words, shared and private spaces, sharing toys, helping each other, chores, and valuing opinions.

## Kindness Calendar

To remind ourselves about the theme, put a poster on the refrigerator or another prominent place. The poster is at the end of this document. The poster includes a calendar for recognizing acts of kindness. Acknowledge and celebrate kindness as a habit, and mark your acts with a sticker or pencil.

Celebrate the acts of kindness since the previous TeamTalk.

Someone **blows out the candle** because we take care of endings with gratitude.



Names



Names

